

Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1-14. *(Canceled)*

15. *(Previously presented)* An adjustable retractor, comprising:
- an inner ring having a minimum overall diameter of 20 cm;
 - an outer ring spaced from the inner ring and having a minimum overall diameter of 20 cm; and
 - an elongate sleeve open at opposite ends, the sleeve extending between the inner and outer rings and being connected at opposite ends to the rings, wherein the outer ring is provided with a pre-loaded rotational torque to assist with rotation of the outer ring about its central axis to roll the sleeve about the outer ring to adjust sleeve length.
16. *(Previously presented)* An adjustable retractor according to Claim 15 wherein the diameter of the inner and outer rings of the retractor is sufficiently large to allow the passage of a newborn infant therethrough.
17. *(Previously presented)* An adjustable retractor according to Claim 15 wherein the inner ring is elastic and may be deformed into an oblong shape for insertion into a surgical incision and is constructed to return to its original shape when released.
18. *(Previously presented)* An adjustable retractor according to Claim 17 wherein the inner ring is sufficiently elastic that it may be deformed sufficiently to fit through a surgical incision of 15 cm.

19-29. *(Canceled)*

30. *(Previously presented)* A method of retracting the tissue surrounding a surgical incision, the method comprising:
- providing an adjustable retractor comprising an elastic inner ring having a minimum overall diameter of 20 cm, an outer ring spaced from the inner ring and having a minimum overall diameter of 20 cm, and an elongate sleeve open at opposite ends, the sleeve extending between the inner and outer rings and being connected at opposite ends to the rings, wherein the outer ring is provided with a pre-loaded rotational torque to assist with rotation of the outer ring about its central axis to roll the sleeve about the outer ring to adjust sleeve length;
 - deforming the inner ring into an oblong shape and inserting it into the surgical incision;
 - releasing the inner ring such that it returns to its original shape under skin surrounding the incision; and
 - adjusting the length of the sleeve by rotating the outer ring about its central axis with the assistance of the pre-loaded torque to roll the sleeve about itself and the outer ring to adjust sleeve length.
31. *(Previously presented)* A method according to Claim 30, wherein the outer ring is formed in a mobius configuration to provide the pre-loaded rotational torque on the outer ring.
32. *(Previously presented)* A method according to Claim 30 wherein the surgical incision is part of a caesarean section, and the diameter of the inner and outer rings of the retractor is sufficiently large to allow the passage of a newborn infant therethrough.
33. *(Previously presented)* An adjustable retractor according to Claim 30 wherein the surgical incision is approximately 15 cm in length.

34. *(Previously presented)* A method of retracting the tissue for a surgical procedure, the method comprising:
- making an incision no longer than approximately 15 cm;
 - providing an adjustable retractor comprising an elastic inner ring having a overall diameter of approximately 25 cm, an outer ring spaced from the inner ring and having an overall diameter of approximately 25 cm, and an elongate sleeve open at opposite ends, the sleeve extending between the inner and outer rings and being connected at opposite ends to the rings
 - deforming the inner ring into an oblong shape and inserting it into the surgical incision;
 - releasing the inner ring such that it returns to its original shape under skin surrounding the incision; and
 - adjusting the length of the sleeve by rotating the outer ring about its central axis with the assistance of the pre-loaded torque to roll the sleeve about itself and the outer ring to adjust sleeve length.
35. *(Previously presented)* A method according to Claim 34, wherein the outer ring is provided with a pre-loaded rotational torque to assist with rotation of the outer ring about its central axis to roll the sleeve about the outer ring to adjust sleeve length.
36. *(Previously presented)* A method according to Claim 35, wherein the outer ring is formed in a mobius configuration to provide the pre-loaded rotational torque on the outer ring.
37. *(Previously presented)* A method according to Claim 34 wherein the surgical incision is part of a caesarean section, and the diameter of the inner and outer rings of the retractor is sufficiently large to allow the passage of a newborn infant therethrough.

38. *(Previously presented)* A method of retracting the tissue for a surgical procedure, the method comprising:
- making an incision no longer than a predetermined incision length;
 - providing an adjustable retractor comprising an elastic inner ring having a diameter that is significantly larger than the incision length, such that the incision length is no greater than approximately 60% of the inner ring diameter, an outer ring spaced from the inner ring, and an elongate sleeve open at opposite ends, the sleeve extending between the inner and outer rings and being connected at opposite ends to the rings
 - deforming the inner ring into an oblong shape and inserting it into the surgical incision;
 - releasing the inner ring such that it returns to its original shape under skin surrounding the incision; and
 - adjusting the length of the sleeve by rotating the outer ring about its central axis with the assistance of the pre-loaded torque to roll the sleeve about itself and the outer ring to adjust sleeve length.
39. *(Previously presented)* A method according to Claim 38, wherein the outer ring is provided with a pre-loaded rotational torque to assist with rotation of the outer ring about its central axis to roll the sleeve about the outer ring to adjust sleeve length.
40. *(Previously presented)* A method according to Claim 39, wherein the outer ring is formed in a mobius configuration to provide the pre-loaded rotational torque on the outer ring.
41. *(Previously presented)* A method according to Claim 34 wherein the surgical incision is part of a caesarean section, and the diameter of the inner and outer rings of the retractor is sufficiently large to allow the passage of a newborn infant therethrough.

42. (*Previously presented*) An adjustable retractor according to Claim 34 wherein the surgical incision is approximately 15 cm in length.